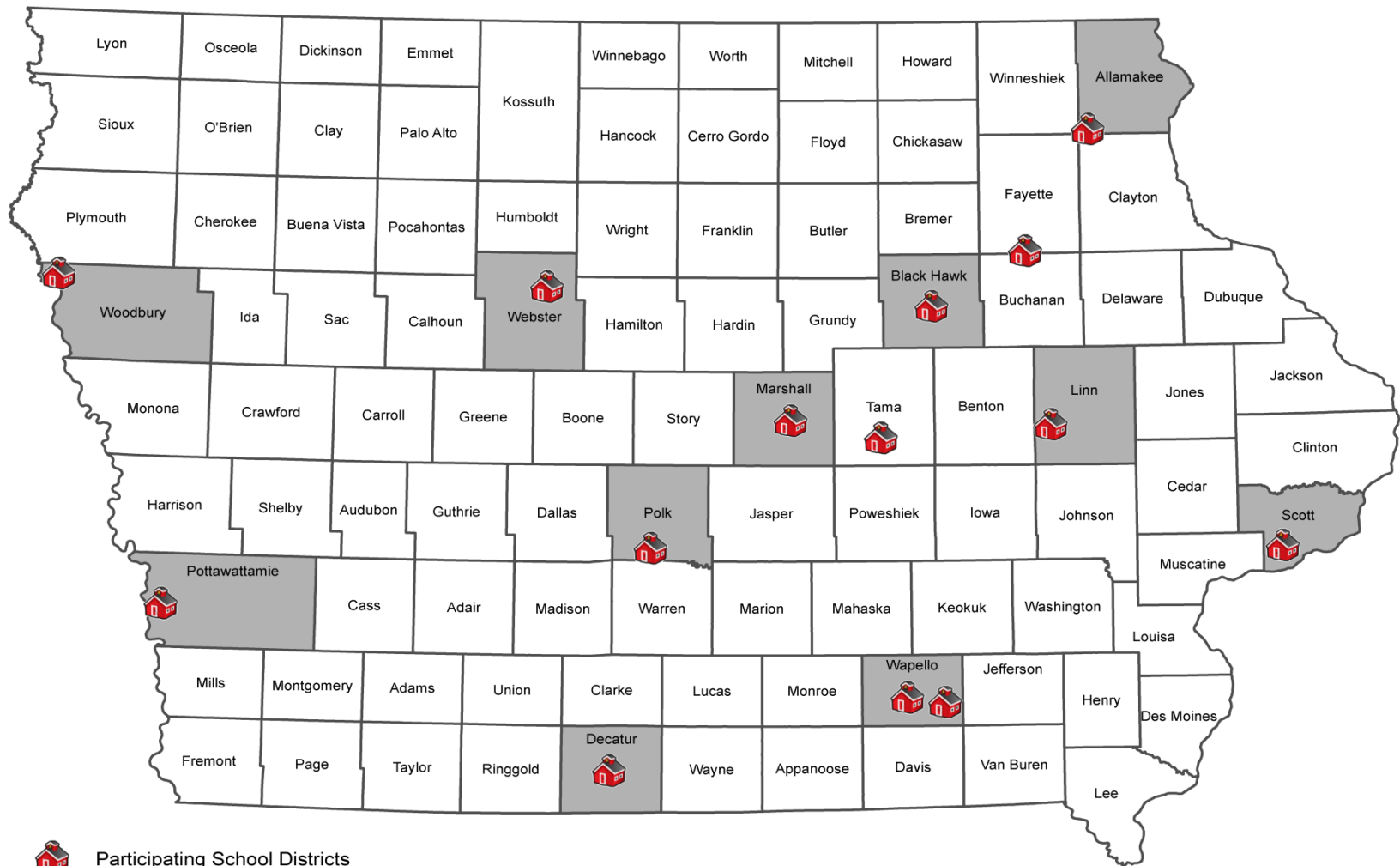


Welcome!

**2015 Iowa
Nutrition
Network
School Grant
Program
Annual
Contractor
Training**



Iowa Nutrition Network School Grant Project: 2015-2016



Participating School Districts



Project Contractors



INNSGP



SEPTEMBER

Game Card

Pick a better snack™

PLAY YOUR WAY. ONE HOUR A DAY.

www.idgh.state.tx.us/pickabettersnack

©2015 IDGHS. All rights reserved. This is a sample game card. The actual game card will be available for download on the IDGHS website. The actual game card will be available for download on the IDGHS website. The actual game card will be available for download on the IDGHS website.



Zucchini

Zucchini is a summer squash that grows well in Iowa, and many gardeners find themselves with more zucchini than they know what to do with. There are many ways you can use zucchini. Wash, slice and eat it raw for an easy snack. Cook zucchini using this recipe for a quick vegetable side dish. Use the seasonings below or season as you like. Zucchini has a mild flavor, so don't hesitate to serve it to your family. You may be surprised how well kids like it!

Sautéed Zucchini

Serving size: 1/2 cup Serves: 4

- Ingredients:**
- 4 zucchini, 6" long (about 1 pound), unpeeled
 - 1 tablespoon vegetable oil or canola oil
 - pinch of salt, pepper, garlic, oregano and/or thyme

- Directions:**
1. Wash zucchini. Leave the skin on. Cut off both ends of the zucchini. Cut the zucchini in half lengthwise (the long way). Then cut each half into pieces, about 1/2 inch to 1 inch.
 2. Heat 1 tablespoon of vegetable oil or canola oil in a pan over medium heat.
 3. Add the zucchini. Add a pinch of each seasoning. Stir occasionally, and cook for about 5 minutes until zucchini is tender but not mushy.

Tip: This recipe works well for yellow summer squash too. Zucchini and yellow squash can be cooked together. Sprinkle grated parmesan cheese on top immediately after cooking for another great flavor. This recipe is adapted from Speedy Smart. Eat Smart. You can find more easy and healthy recipes at: www.extension.iastate.edu/foodchoices/

Funded by USDA's SNAP, an equal opportunity provider and employer, in collaboration with the Iowa Department of Human Services and Public Health. Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a healthier diet. Go to iowa.gov/foodassistance for more information.



Wash. Bite. How easy is that?





The belief that active play is fun and healthy

The physical ability to be active

a skill that the child enjoys

Energy/nourishment

Someone to play with

Nearby park or trail

An attractive outdoor setting

An affordable activity - A free gym or sport/activity

An adult who values physical activity

Convenient place to play

Sidewalks exist

Safe neighborhood

Space and equipment to play

Supervision

Photo courtesy of Iowa Food and Fitness Initiative

Pick a **better** snack™



Socio-Ecological Model

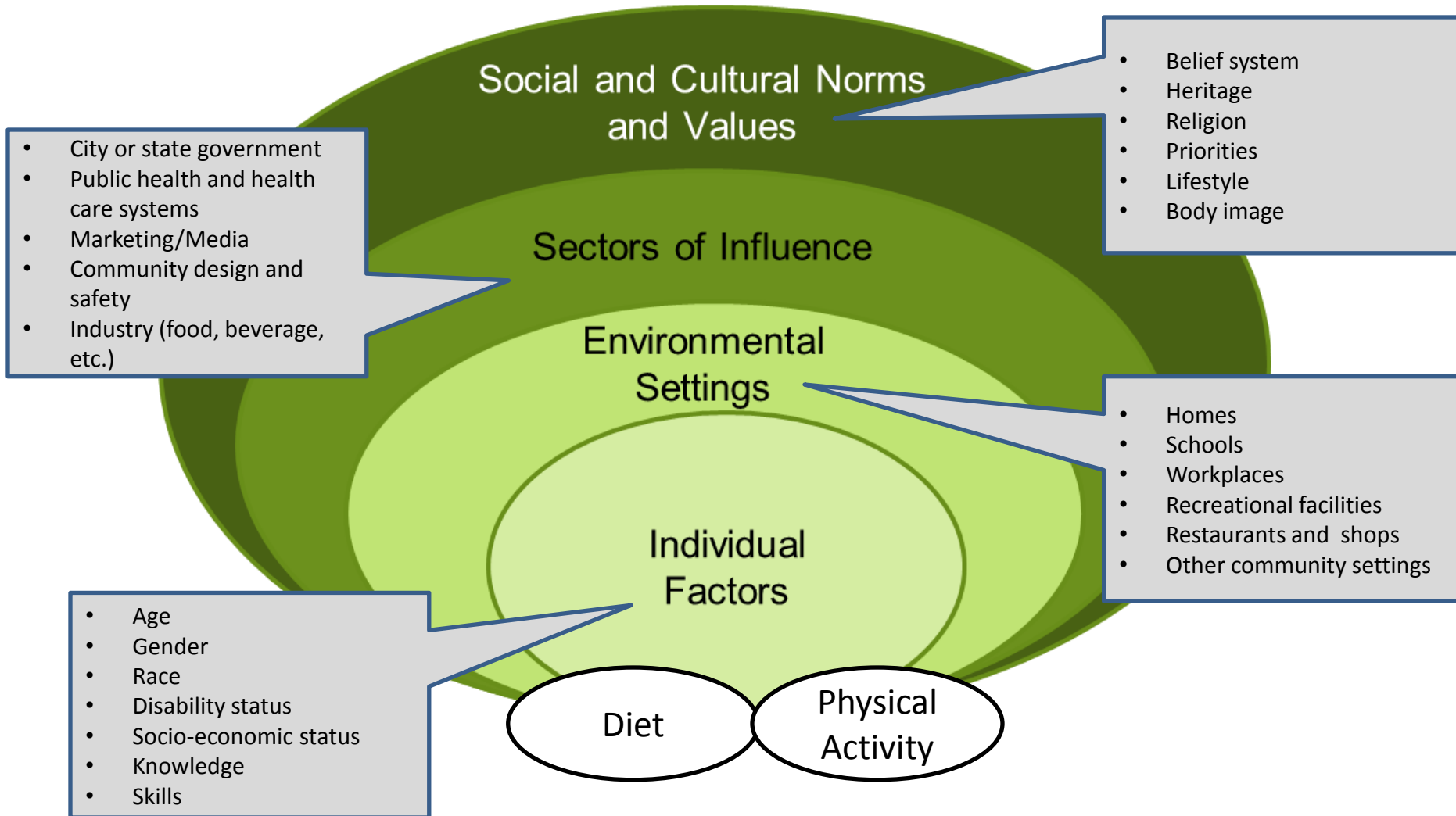


Image courtesy of the South Regional Nutrition Education Centers of Excellence

PSE Change definitions

- Policy – A written statement of an organizational position, decision, or course of action.
- Systems – System changes are unwritten, ongoing, organizational decisions or changes that result in new activities reaching large proportions of people the organization serves. May precede or follow a written policy.
- Environmental – Includes the built or physical environments, but may include economic, social, normative and message environments.

(2016 SNAP-Ed Guidance)

Supporting nutrition and physical activity environments

- Wellness committee (9)
- Farm to school (8)
- Classroom physical activity breaks (6)
- Healthy classrooms (non-food rewards, healthy celebrations) (4)
- Healthy fundraisers (3)
- Physical activity opportunities (2)
- Smarter Lunchrooms or recess before lunch (1)



PSE approaches

- Impact more people with less effort
- Most effective when combined with direct education
- Can be implemented on a small scale or large scale
- Are on-going, not short-term programs
- Are not one-time events, pamphlets
- Make the healthy choice the easy choice
- Partnerships are key



Role of SNAP-Ed

“One way to envision the role of SNAP-Ed is that of a provider of consultation or technical assistance in creating appropriate PSE changes that benefit low-income households and communities. The organization that receives the consultation and technical assistance is ultimately responsible for adopting, maintaining, and enforcing the PSE change.”

(2016 SNAP-Ed Guidance)



2015 Council Bluffs Community Garden